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FINDING YOUR INNER SANCTUARY

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

The world is a constantly changing, ever-evolving beast that never exists the same way from one moment to the next. While this ability to change and adapt is a positive thing overall, it can also thrust feelings of anxiety and despair upon us. Change is hard, and it can be difficult to process a world in constant states of flux, especially when we may be experiencing rough times personally. That's why it's essential to be able to find peace and serenity within ourselves. To this end, establishing an inner sanctuary is important to our meditation practice and overall mental health.

Creating your inner sanctuary could be as easy as getting comfortable within yourself or as complex as setting up your special place in **Focus 27.** However you'd like to do it, it's a way to venture inward and block out the noise of the world. It's a way to feel the calm serenity of existing alone with your thoughts for a while. There's an exercise in the **Expand app** entitled "Finding Your Inner Sanctuary" that I encourage you to try if you aren't sure where to start. Sometimes I enjoy connecting to **Focus 27** to visit my special place. Other times, I enjoy simply existing in a state of mindful calmness (and nothing more). Either way, as I've been under great stress from outside problems in my life, I've been taking the time to find my inner sanctuary daily with a quick exercise in the morning as I wake up.

Again, if you are unsure where to start, Finding Your Inner Sanctuary can help. Or if you prefer to be unguided, try your favorite signals in the "Timer" section of the app. From there, after your preparatory process, just exist for a few moments in mindful stillness and see where that takes you. Sometimes, I imagine a great white light surrounding me that repels stressors or dangers and allows me to feel strong and ready to take on the chaos of the world. In these times, I feel the existence of my inner sanctuary as I connect to a great healing and protective source, and I feel confident within my soul, and eventually in my body, after meditating in this space.

Other times, I feel the need to visit my special place in **Focus 27**. I return to this happy spot of peace and spend time in my own energies. It's here where I begin to remember

and surround myself with the wonderful things that make me, well, *me*. It's here where I find my peace and stillness, where I feel safe from the changing world around me, and where I can prepare myself to step into it with strength and conviction.

Getting comfortable in your own stillness and silence and soaking in the energy of what makes you, you is one of the greatest gifts you can give yourself on your journey to finding happiness through meditation. I hope you're able to take the time to create your own sanctuary and embrace what you need most. And if you're having trouble accessing stillness, please give Finding Your Inner Sanctuary a try!